Missouri's 3rd Congressional District situated on the eastern side of the state along the Mississippi River can be described as a microcosm of the United States and the state of Missouri encompassing urban, suburban and rural areas in Middle America. The Greater St. Louis area is the 16 the largest metropolitan area in the U.S. In the past, St. Louis has been known for its manufacturing, but more recently there has been a global focus on medicine, biotechnology, and sciences making Congressman Russ Carnahan's assignment on the Science and Technology Committee all that more important.

For years the area has been a destination place from immigrants around the world including Germany and Bosnia. Congressman Carnahan serves on the Foreign Affairs Committee and has worked tirelessly to support policies to increase the U.S. standing around the world. He also serves as Chairman of the German Study Group and co-chair of the Congressional Caucus on Bosnia. St. Louis University Medical Center, Washington University in St. Louis and Webster University, located in the district, have gained international reputations for excellence.

With the confluence of the Missouri and Mississippi Rivers the region is also known as a major transportation hub that includes the second largest U.S. inland port, Lambert-St. Louis International Airport, bi-state metro system, major rail lines in addition to the convergence of major U.S. interstates connecting the continental U.S. When elected to Congress in 2004, Congressman Carnahan successfully pursued a seat on the Transportation and Infrastructure Committee where he has made improving Missouri's transportation systems a priority.

In addition to 'Gateway to the West' one of St. Louis' many nicknames is 'Mound City' in reference to the large number of American Indian mounds that once inhabited the city. Today only one remains in South St. Louis City. After Spanish rule, the district was later inhabited by French explorers including the Lacledes and Chouteaus. In 1703, in what later became St. Louis City the Catholic Church established a mission for priests. Roadways named after the French are common throughout the area. Today the major drainage channel along the southern part of St. Louis is named River Des Peres after the aforementioned Jesuit mission.

The historic Soulard neighborhood, located in the 3rd Congressional District, is home to the second largest U.S. Mardi Gras celebration each year. The southern part of the district is home to Ste. Genevieve, which is the oldest permanent settlement in the state of Missouri established by French colonialists. Congressman Carnahan successfully passed legislation to study the feasibility of making Ste. Genevieve part of the National Park System.

Jefferson County is one of the fastest growing areas in the state of Missouri. Because of its rapid growth the roadways quickly became insufficient and some were named to the list of the nation's most dangerous roadways. Both Jefferson and Ste. Genevieve Counties are home to the district's agricultural industry producing livestock, soybeans, corn and wine.

Kirkwood located in St. Louis County was the first planned suburb west of the Mississippi River named after James Pugh Kirkwood, builder of the Pacific Railroad through that town. Kirkwood along with another neighboring suburb Webster Groves shares the longest-running football high school rivalry west of the Missippi River.

Missouri's 3rd Congressional District is representative of Missouri and the nation at large. Its diversity and demographics are comparable to the greater U.S.